

# Tasty Veggie Dip

**Makes:** 4 Servings

## Ingredients

**8 ounces** yogurt, non-fat plain

**2 tablespoons** taco seasoning, reduced sodium

## Directions

1. Mix together ingredients.
2. Keep this simple dip in the fridge.

## Notes

A tasty addition to fresh veggies or a good sauce for tacos.